



City of Santa Barbara

Parks and Recreation Department

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Dear Parents of Junior Lifeguard Participants,

Welcome to the 2014 Junior Lifeguard program! We are looking forward to a great summer.

The purpose of this email is prepare you for the first day of the program as well as answer some of the more popular questions that we are asked.

First Day Schedule

The SBJG program begins this Monday, June 23rd at 10:30am on East Beach in front of the Cabrillo Bathhouse, located at 1118 East Cabrillo Boulevard.

We will start the day with a brief introduction and welcome all participants to the program. During this time, Kelsie Hendrix, Director and Scott Holland, Assistant Director will go over some general rules for the program and what is expected of all participants. Afterwards, the instructors will break the participants into their respected groups, while Kelsie and Scott will be available to answer any more questions.

On Monday each group will conduct a swim evaluation in order to gauge each participant's comfort and ability in the ocean. Kelsie and Scott will be specifically watching for: the participant's willingness to enter the water, the speed at which the participant enters the water and begins swimming, the participant's swim ability, and the participant's relation to the majority of the group.

At the conclusion of the swim evaluations, Kelsie and Scott will contact the parent's of each participant who either did not complete the swim evaluation or created a sense of concern among the instructors in regards to their swim ability. A letter will also be sent home with each of the above participants detailing the reason why they failed to pass the swim evaluation.

If you are interested in watching your participant's swim evaluation, here is a tentative schedule:

- A Group – 11:00am
- B Group – 11:30am
- C Group – 12:00pm

All swim evaluations are supervised and conducted directly in front of the Cabrillo Bathhouse.

Registration Forms

Junior Guards will not be able to participate in the program if a paper registration form has not been received. You would have received an email and a phone call if the Parks and Recreation staff does not have your participant's registration form on file.

There will be a registration table set-up with a list of participant's whose forms are missing. If you have not yet turned in a paper registration form, please either plan on filling one out before the start of the program on Monday or send a completed form with your participant to give to an instructor. For your convenience we have attached a copy of the registration form to this email.

If you indicated that your child has any medical concerns on their registration form, please visit the registration table to complete an Adapted Program form with more details regarding your participant.

Order Forms

Friday, June 27, 2014 will be the last day that order forms are accepted. We have attached copies of each form to this email. We accept cash and checks made out to P.A.R.C.

FAQs

What is a typical day like as a Junior Lifeguard?

The program starts everyday at 10:30 with warm-ups and attendance, followed by a workout or other lifeguard activity. Lunch usually occurs around 12:00pm, during which the participants are given typically 30 minutes to relax, eat, and rehydrate. Instructors remind the participants to reapply sunscreen at this time. The afternoon typically consists of at least one of the following: a workout, a lecture, or game. The program ends at 2:00pm.

- Program activities are modified when weather, ocean conditions, and unexpected program impacts occur.

What should my child bring to Junior Lifeguards?

In a backpack that zips your child should bring the following: a towel, lunch, water, sunscreen, a hat with a brim, red shorts, red bathing suit, and program shirt. A sweatshirt and sweatpants are also recommended, but are optional. Participants may also wear rash guards if they so choose. Please make sure to label everything your child brings to the beach, we are not responsible for any lost, stolen, or forgotten items.

- All food should be packed in a sealed bag and left in a backpack to avoid being eaten by seagulls.
- Cell phones are allowed but they may not be used during the program unless given permission by an instructor.

My child is going to be absent, what should I do?

If your child is going to be absent for any reason, please let their group leader know via an excused absence note or send an email to SantaBarbaraJuniorGuard@gmail.com. This is especially important if your child is missing a competition date.

What are competitions?

Each year the SBJG program participates in three competitions: the Carpinteria Competition, the Fiesta Competition (held at East Beach), and the Regional (State Championships) Competition. All participants are expected to complete at both Carpinteria and Fiesta, and a select team is invited to participate at Regionals.

Each competition consists of both individual and team events. Participation in team events and Regionals will be determined by the instructors. This determination is based on the “AAA” Rule, which evaluates each participant’s Attitude, Aptitude, and Attendance.

Who should I talk to about questions regarding my child’s specific group?

We are in the process of designating Lead Instructors for each group. Please direct any group specific questions towards them.

How do I contact the SBJG Directors?

Email is the best method of contact: SantaBarbaraJuniorGuard@gmail.com

In case of emergency, please contact the Parks and Recreation Department Aquatic Office located in the Cabrillo Bathhouse at 805-897-2680, and one of the staff will notify the directors.

What are the safety measures in place?

The SBJG program retains a 20:1 ratio at all times in order to guarantee the maximum amount of safety and coverage for each participant. Each instructor is a certified ocean lifeguard in accordance with the United States Life Saving Association (www.usla.org) guidelines and is trained in both first aid and CPR for the professional rescuer. In addition, each group has two aides who are also certified as ocean lifeguards.

If you have any other questions, comments, or concerns regarding the Santa Barbara Junior Lifeguard program, please feel free to contact Kelsie by email, or come and talk to one of them before the start of the program on Monday.